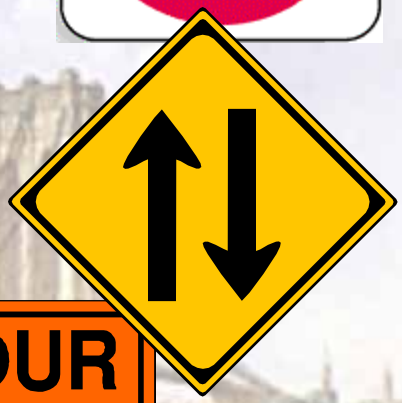
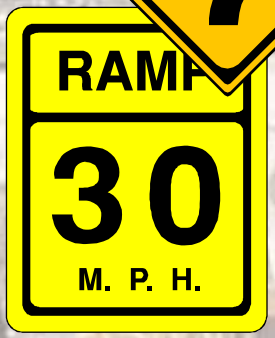
On The Road

Traffic Signs





On The Road

Traffic Signs

- **Given the high speeds required on freeways, recognizing signs by their shape and color with just a glance will put you in more control on any road.**

- **Generally, warning signs are diamond-shaped, such as the lane added or merge signs. Signs that are**

On The Road

Traffic Signs

- **The florescent yellow green, conveys the same message as yellow warning signs. This color is slowly replacing the yellow pedestrian, bicy and school crossing sig**

On The Road

Traffic Signs

Although most freeway exits are on the right, some exits are on the left. Dangerous situations can be avoided by noticing the yellow left exit panel at the bottom of the freeway sign. Also, look for the small green exit number panel. If it's on the left side of the sign, your exit is also on the left side of the road.

On The Road

Navigating the Road

- When traveling in unfamiliar territory, interstate numbers give valuable clues to location and direction.
- One- or two-digit even-numbered interstates are always east-west routes. The numbers increase from south (I-10) to north (I-80).
- Odd numbered one- or two-digit interstates are north-south routes. Their numbers increase from the west coast

On The Road

- **Mile markers show the number of miles from where the route entered the state in which you are traveling. Their numbers increase as you travel east or north, and decrease as you go west or south.**

- **Some states link interstate numbers to mile markers. For example, Exit 40 may be at or very close to mile marker 40.**

On The Road

Work Zones

- **In any work zone, expect the unexpected! Normal speed limits are reduced, traffic lanes may change and work vehicles may suddenly enter or leave the highway. Orange diamond-shaped warning signs are usually posted in advance of any construction.**

- **You may also see workers with flags or signs. Flaggers have the same authority as a regulatory sign, and you can be cited for disobeying their commands.**

Click It Or Ticket

- **How often do we hear, "It's nobody's business but my own, if I don't wear my seat belt?“**
- **How many of us believe the decision to wear or not to wear a safety belt is a personal matter that has no impact on anyone else?**
- **Nothing could be further from the truth. It is our business because the decision of others not to buckle up hits us all right in the pocketbook.**
- **All too often, people who do the right thing and wear seat belts are paying for those who don't**

Click It Or Ticket

- **Think about this -- the inpatient hospital costs to treat an unbelted crash victim are at least 50 percent or higher than those for belted victims. And society pays 85 percent of those costs -- not the individual drivers involved.**

- **We all pay for:**
- **- more emergency medical services**
- **- more medical treatment and rehabilitation**
- **- higher health care and automobile insurance premiums**

Click It Or Ticket

Employers are especially hard hit with:

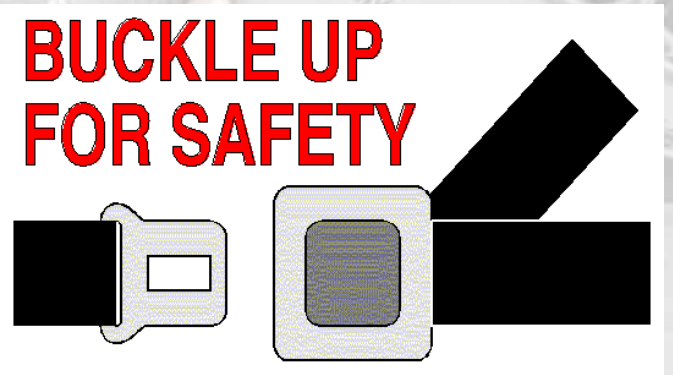
- **higher taxes to fund emergency and other medical services**
- **increased health insurance costs**
- **higher worker compensation costs**
- **lost work time and productivity**

Click It Or Ticket

- **Costs to the Public**
- **Americans are paying $14.3 billion per year in injury-related costs for people who don't wear seat belts. On average, those injured pay for less than 30 percent of these total costs. The remaining 70 percent - $10.1 billion, is paid for by society through higher automobile and health insurance rates and through public assistance programs funded with federal and state tax revenues.**

Click It Or Ticket

By increasing seat belt use from the current 68 percent to 90 percent, we would save $356 million a year in Medicare and Medicaid costs alone. It is estimated that each driver who buckles up is paying an additional auto insurance premium of $40 per year to cover the costs of the drivers who don't buckle up.



Click It Or Ticket

Costs to Employers

- **Motor vehicle crash injuries on- and off-the-job cost employers almost $55 billion in 1994. One-third of the $55 billion resulted from off-the-job injuries to workers and their dependents.**

- **On-the-job motor vehicle crashes cost employers almost $22,000 per crash and $110,000 per injury.**

Click It Or Ticket

Costs to Our Children

- **Motor vehicle crashes are the leading cause of death among children, taking the lives of more than 2,100 child passengers ages 0 to15 and seriously injuring 327,000 more each year.**

- **In 1996, almost 60 percent of the children ages 15 and under who died in motor vehicle crashes were unrestrained.**

Click It Or Ticket

- **Adults who don't buckle up often put children at risk as well since they frequently don't ensure their child passengers are buckled up. Plus, because children mirror adult behavior, these adults send children a deadly message that it is all right not to wear a seat belt. Research shows that if a driver is unbuckled in a crash, 70 percent of the time children riding in that vehicle are unbuckled as well. Conversely, when a driver is buckled, 94 percent of the time children riding in that vehicle are buckled.**

Click It Or Ticket

BUCKLE UP AND LIVE

Can seat belts save lives? Yes! The evidence is overwhelming in favor of belts. Of the 50,000 Americans killed each year on our streets and highways, the lives of 5,000 can be saved through the use of seat belts.

- **In a crash, seat belts hold a vehicle's occupants and prevents them from being hurled through the windshield, out open doors or against objects inside vehicles. For the doubters among us who still don't see the value in seat belts let's answer some questions regarding belts.**

Click It Or Ticket

What purpose do seat belts serve in low speed city traffic?

- **Seat belts really help in the majority of accidents which occur in cites at relatively low speeds. Belts prevent ejection from the vehicle—a common cause of serious injury following collisions. Belts lessen the chance of striking the head against windshields and dashboards. They help you retain control in sudden turns or quick stops.**

Click It Or Ticket

What good are seat belts in a high speed accident?

- **High speed accidents generate a force many times that of gravity and, of course, some of these collisions, with or without belts are not survivable. However, belts distribute and absorb impact force, thus reducing occupant buffering. If the force of the collision does not cause cabin penetration the evidence is that seat belt wearers survive.**

Click It Or Ticket

Wouldn't a person be better off if he were thrown clear of a wreck?

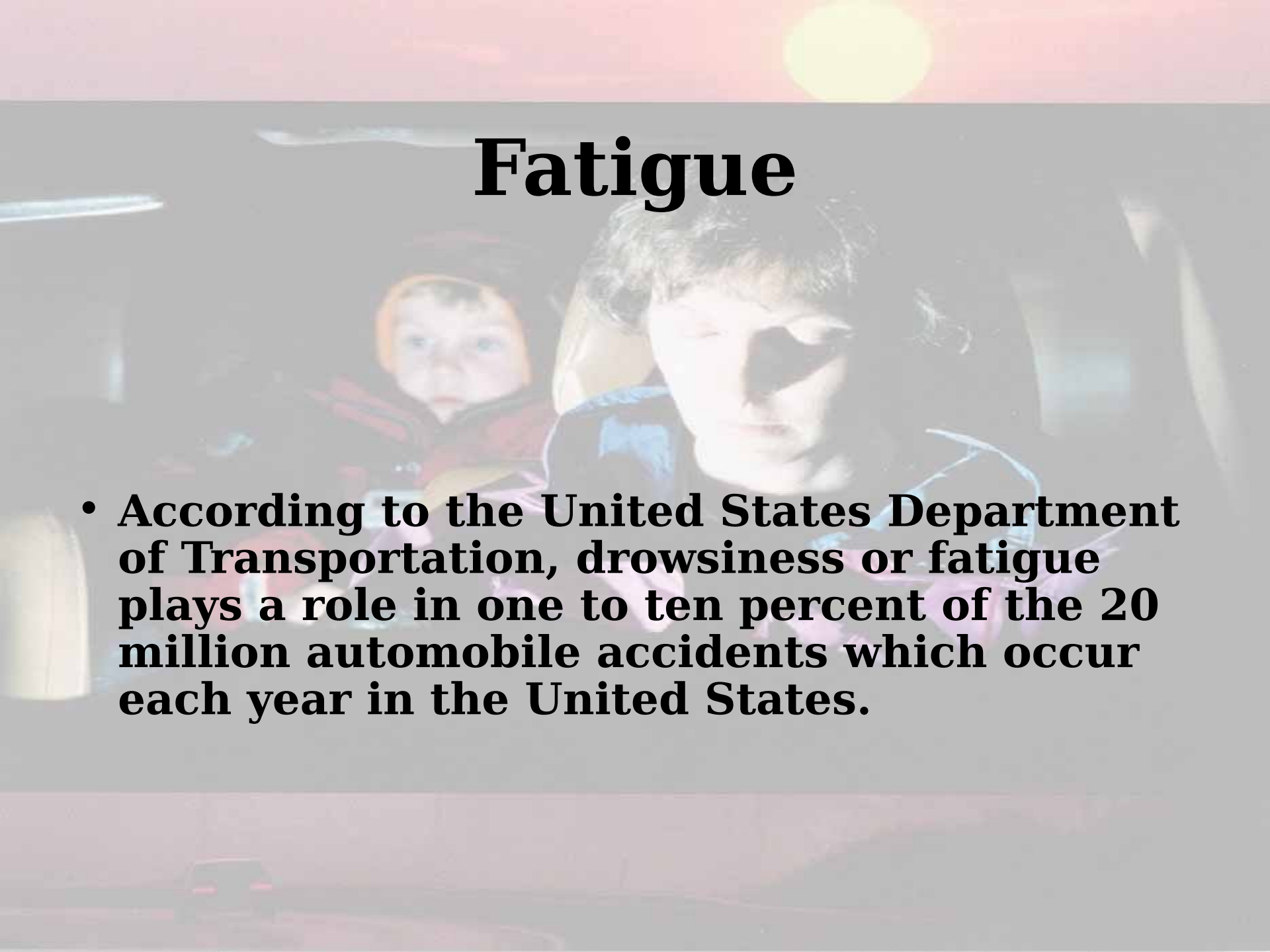
- **Thousands of accident investigations prove you are five times safer if you remain inside the protective shell of a vehicle. Seat belts keep you from being thrown out into the path of other traffic—keep you from striking against fixed objects.**

Click It Or Ticket

How about being trapped in a burning or submerged vehicle?

- **In cases of fire or submersion seat belts help by giving you a greater chance of maintaining consciousness - thus increasing chances for escape.**

Fatigue



- **According to the United States Department of Transportation, drowsiness or fatigue plays a role in one to ten percent of the 20 million automobile accidents which occur each year in the United States.**

Fatigue

- **Whether we want to admit it or not, most Americans live a fast-paced lifestyle trying to squeeze 36 hours of living into every 24-hour day. Since many of us refuse to slow down, our bedtime keeps getting pushed back, resulting in inadequate sleep.**

Fatigue

- **A large percentage of Americans go into sleep debt by habitually sleeping only four to five hours a night. "This directly affects reflexes, wakefulness, and judgment," noted Hickey. "When you're driving a car or any vehicle, split second reflexes mean the difference between life and death." The average person needs a good seven to eight hours of sleep a night. If you're not getting it, you're building up a sleep deficit.**

Fatigue

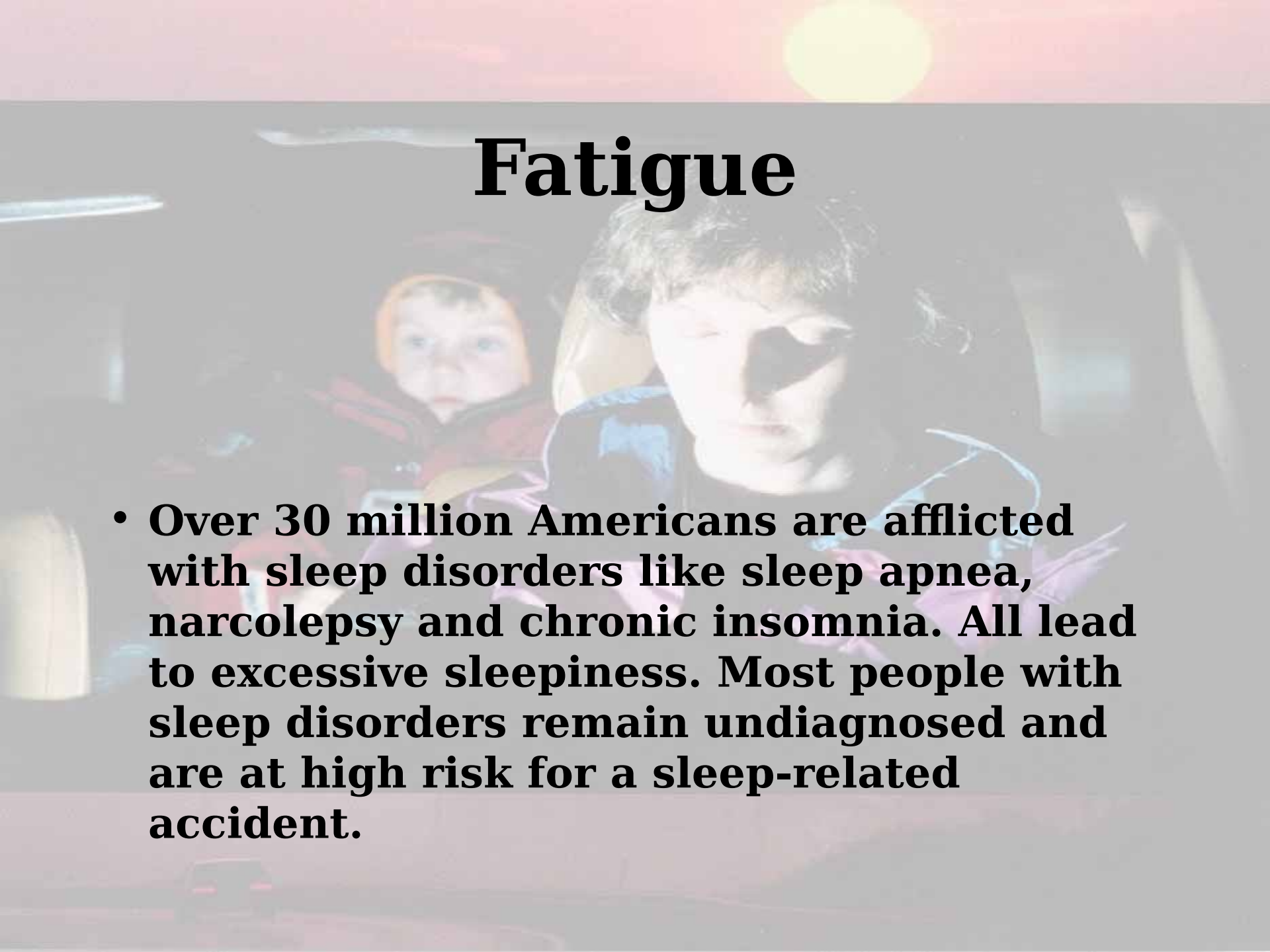
- **Drivers at risk for a sleep-related accident include those who are sleep deprived; those driving long distances without a break; those driving when they would normally sleep;**

those taking medication that increases sleepiness or drinking alcohol; those driving alone; business or frequent travelers and those driving on long, rural

Fatigue

- **Sleep-related crashes are most common in young people (ages 18 to 25) who stay up too late, sleep too little, and drive at night. Studies suggest that 20% to 30% of those with non- traditional work schedules have had a sleep-related driving mishap within the last year. Truck drivers, who drive at night when the body is sleepiest, are especially susceptible to sleep- related crashes.**

Fatigue



- **Over 30 million Americans are afflicted with sleep disorders like sleep apnea, narcolepsy and chronic insomnia. All lead to excessive sleepiness. Most people with sleep disorders remain undiagnosed and are at high risk for a sleep-related accident.**

Fatigue

- **Studies also show that it doesn't take a full night's sleep to restore some attentiveness. A 15 minute nap can sometimes restore enough alertness to safely drive for a while. Eventually though, the sleep deficit must be paid up with a full night's rest.**

Fatigue

- **Rumble strips were designed to be a warning to drowsy motorists to take a break, but if you are seriously sleep deprived, don't try and fool mother nature. Stop and take a rest. We want you to arrive at your destination alive and well."**

Fatigue

Warning Signs of Fatigue

- **Can't remember the last few miles**
- **Experience wandering or disconnected thoughts**
- **Difficulty focusing or keeping eyes open**
- **Trouble keeping your head up**
- **Drifting from the lane**
- **Yawning repeatedly.**

Fatigue

Tips For Avoiding Sleep-related Mishaps

- Get a good night's sleep (average person requires 8 hours)
- Plan to drive long trips with a companion. Conversation relieves tiredness and monotony, so share driving.
- Take a break every 2 hours or 100 miles. Get out and do some exercise or take a 15-20 minute nap.
- Avoid alcohol and medications that cou impair performance
- Keep the car cool and listen to lively mu
- Watch your posture - slouching brings on fatigue

Night Driving

- **Darkness can make driving to and from work a challenging job. It can be dangerous, too. According to the National Safety Council, fatal vehicle accidents increase sharply during the hours of darkness. In fact, statistics show chances of being involved in some type of accident are about three times greater at night than during daylight hours.**

Night Driving

There are things to do, facts to know and techniques to use that can be used to reduce the chance of a mishap and ensure safe nighttime operations.

- **Before leaving work centers or home, make sure vehicle headlights, taillights and directional signals are operational.**
- **Keep an operational flashlight and reflective belt attached to an outermost garment.**
- **Make sure headlights and windshields are clean both inside and outside.**

Night Driving

- When driving at night, use extreme caution because even familiar surroundings may seem different.

- Wait five minutes before driving after leaving a lighted building, it takes a few minutes for eyes to adjust to the dark.
- Do not wear any kind of sunglasses at night; there are no glasses designed to reduce headlight glare at night; any lens that reduces the brightness of headlights also reduces the light reflected from dimly-lit objects at the

Night Driving

- **When following another vehicle at night, keep low beams on so the other driver will not be blinded.**
- **Switch lights from high to low beams when an oncoming vehicle is about 500 feet away; also, when behind another vehicle use low beams within 300 feet of that car's rear.**
- **Limited vision at night reduces the amount of stopping time when trouble is spotted; reduce speed accordingly.**

Night Driving

- **Look ahead into the areas that are only faintly illuminated; the faint glow of a distant headlight or some movement may be an early alert to a possible hazard.**
- **Never stop on any roadway at night; it is hard for an approaching driver to tell whether or not a stopped car is moving until it's too late.**
- **Take curves slower at night; Headlights point straight ahead and shine off the road which reduces the view of the road considerably.**

Night Driving

- **Take curves slower at night; Headlights point straight ahead and shine off the road which reduces the view of the road considerably.**
- **Switch to low beams in fog or snow; high beams will reflect more off fog and snow. -- Last, and most importantly, never drink and drive. Besides the obvious reasons, alcohol can drastically slow the direct affect of the eye's sensitivity.**

Attention

- **Today's busy individual is always on the lookout for ways to find more time. One of the places we have found to make use of idle time is in our car -- attempting to tackle other tasks while driving.**

- **The problem here is that any activity other than driving is a distraction from our primary responsibility -- the safe operation of our vehicle. And distractions cause inattention and**

Attention

- **According to the National Highway Traffic Safety Administration (NHTSA), inattentive driving resulted in 3,960 fatal crashes in 1997 (the most recent statistics available), and even more fatalities (4,474).**

In fact, NHTSA ranks inattentive driving as the fourth highest contributing factor relating to fatal crashes.

Attention

- **A national survey released in the fall of 1999 by Farmers Insurance Group revealed some interesting (and a few rather amusing) results. The report found that both men and women admit to shaving and applying make-up while commuting to work.**
- **According to the survey, 5.5 percent of men and 2.1 percent of women shave and 18.7 percent of women and 1.3 percent of men apply make-up while driving. Eight percent of**

Attention

- **More plausible is the finding that many drivers use their commutes for self-improvement or family togetherness. Some 55.7 percent of commuters use drive time as a brainstorming session or for mental organization. Nearly one-third of the drivers meditate when behind the wheel, and 15 percent find their commutes to be quality, non-interrupted time with their chil**

Sixteen percent take advantage of the extra time to listen to self-help programs or books on tape

Attention

Despite all of the distractions, 48.5 percent of the driving population see themselves as "excellent" drivers and fully 41.4 percent claim to be "good" drivers, says the Farmers Insurance report. The older the driver, the more confident he or she is. Forty-one percent of 18-34-year-olds rank themselves as excellent drivers, while 64 percent of people 65 years and older say they are excellent drivers. Only one percent of the population admits to being "poor" drivers.

Attention

- **Other interesting survey results indicated that 29.2 percent of the drivers with $100,000-plus incomes are dashboard drummers (keeping the beat by playing imaginary drums on their dashboards and steering wheels), while only 19 percent of those with incomes less than $25,000 are dashboard drummers.**

- **It will come as no surprise that 30.6 percent of the American driving population say they talk on their**

Attention

- **Besides keeping your hands on the wheel instead of on your cell phone or curling iron, here are a few other simple safety tips for commuting.**
- **First of all, get plenty of sleep so you're not drowsy during the drive. Prepare for your day (shaving, make-up, hair, etc.)**

- **Prior to leaving, and allow plenty of time to get to work on time. Be sure you always buckle up and that all your**

Attention

Remember to remain calm and avoid aggressive drivers. And do not engage in stressful or emotional conversation that might divert your attention from the road.

(This advice is especially for those who use their commutes for quality, non-interrupted time with their children!)

Attention

- **Regardless of how tempting it is to rush out the door and comb your hair in the car, remember, anything that takes your hands off the wheel or your eyes off the road while operating your vehicle is dangerous.**

- **On the defensive driving front, if you're paying full attention to your driving, you may even be able to avoid a collision with the person putting on make-up in the lane next to you.**

Golden Rules for Driving

1. *Don't drink and drive! Any alcohol, even a small amount, can impair your driving so be a safe driver don't drink and drive.*

2. *Wear seat belts! Including passengers in the back seat. In a collision, an unbelted rear seat passenger can kill or seriously injure the driver or a front seat passenger.*

3. *Use child seats! Child and baby seats should be fitted properly and checked every trip.*

4. *Concentrate on your driving! Observe and anticipate other road users, use your mirrors regularly and don't forget to glance into your blind area before altering your c*

5. *Anticipate! Be patient and give others time and room. Be ready for others to make mistakes.*

Golden Rules for Driving

6. *Drive defensively! Be aware of the vehicles around you, and the other driver who might make an improper or foolish move.*

7. *Don't use your mobile phone while driving! Making or receiving a call, even using a hands-free phone, can distract your attention from driving and could lead to an accident.*

8. *Do not speed! Slow down. Obey the speed limits.*

9. *Take a break! Tiredness is a major factor in approximately 10% of road accidents. Plan to stop for at least a 15 minute break every 2 hours on a long journey.*

10. *Be aware of children! Children often act impulsively; take extra care in school zones, near buses, and ice cream vans.*